

Other Factors to Consider When Taking a Blood Pressure Test

The following is a list of other factors that can influence blood pressure. Each of these factors can have a significant affect on your blood pressure reading.

Talking

Can increase blood pressure 17/13 mmHg

Cold Exposure

Can increase blood pressure 11/8 mmHg

Bowel/Bladder Distention

Can increase blood pressure 27/22 mmHg

Caffeine

Can increase blood pressure 10/7 mmHg

Physical Activity

Can decrease blood pressure 5-11/4-8 mmHg



Diet, antihistamines and other medications, recent exposure to high altitude, time since last meal and stress **also** should be considered.



NORTH DAKOTA
DEPARTMENT of HEALTH

*Heart Disease & Stroke
Prevention Program*